



THE SHAMAN

HOMEBREW

Channel the Overwhelming Power of Spirits with this new Class
for the World's Greatest Roleplaying Game!

THE SHAMAN

The half-orc silently moved through the forest, her tattoos shimmering in the moonlight. Gripping the ancestral war club of her tribe, she called upon the spirits of previous champions to empower her strikes. A cold wind came over the hobgoblin camp as the half-orc walked into their midst. These raiders who had dared to take lumber from the ancestral forest of her people would not live to see the dawn.

The hunched-over, elderly halfling clung to his walking stick as the massive ogre came barreling toward him. Just before the monster fell upon him, the elder embraced the spirit of the Great Beast and shapeshifted into a supernaturally massive bear. The two collided with thunderous force, but only one would survive. The eyes of the great bear flashed with a momentary green light and as suddenly as it had appeared, an elderly halfling stood in its place, his eyes glowing with green light.

The thin elf stood on a cliff overlooking the great battle below. The great dragon had all but decimated the battalion of guards that had come to defend their home. A single man stood and thrust his spear toward the terrifying wyrm, but before the dragon could deflect the blow, the elf unleashed a powerful spirit from within one of her Totems. In an instant, the spirit had enveloped the dragon, temporarily sapping its strength. In its weakened state, the spear pierced the great beast's heart, ending its campaign of terror. The elf made her way back to her solitary cave, content knowing that the town she guarded in secret would be safe for another season.

The three characters above are examples of the spiritual conduits known as Shamans. Using ancient knowledge they are able to bind and channel the power of primal spirits.

ANCIENT POWER

Before the gods took notice of mortals and bestowed power on Clerics and Paladins, Shamans served as protectors and guides. Using ancient techniques, Shamans were able to bind spirits to Totems, small objects of spiritual significance, and channel that power for good of their people. This ancient art was passed from elder to elder in a continuous chain, down to the Shamans of today. Those who master the powers of shamanism are part of a truly ancient spiritual tradition.

SPIRITUAL EXISTENCE

Shamans spend their lives maintaining the delicate balance between the physical mortal world, and the ethereal spiritual world. They are trained to recognize the spirits that dwell in every living thing and use this spiritual sight to protect those they love from sinister spirits who seek to destroy all life.

Sometimes, Shamans will seek out spirits of love and life that willingly bind themselves to Totems so that they may aid the Shaman in their spiritual warfare. Other malevolent and vile spirits are bound to Totems against their will and used by Shamans to help defeat other spirits of destruction.



CREATING YOUR SHAMAN

When creating your Shaman, consider how you first learned to wield the power of spirits. Were you trained from birth to become the next elder of your people, destined to inherit the power of your ancestors? Were you raised by a vile hag, and taught to manipulate spirits of darkness and death to curse and hex your foes? Or did you study under an ancient hermit, learning to draw upon the spiritual power within in all living things in order to heal the spiritually and physically broken?

No matter the origin, you should decide how your Shaman views the spiritual world. Have they dedicated themselves to maintaining a balance between the physical and ethereal? Or, do they view spirits as tools to be bound and used, a source of power that Shamans can wield in whatever way they choose?

MULTICLASSING AND THE SHAMAN

If your group uses the rule on multiclassing in the *Player's Handbook*, here's what you need to know if you choose the Shaman as one of your classes.

Ability Score Minimum. As a multiclass character, you must have a minimum Wisdom score of 13 to take your first level as a Shaman, or to take a level in another class if you are already a Shaman.

Proficiencies Gained. If Shaman isn't your initial class, you gain proficiency with light armor, shields, and simple weapons when you take your first level in the Shaman class.

Spellcasting. If you have a feature from another class that allows you to learn and cast spells, you can use your Primal Magic spell slots to cast the spells you gained through that feature, and you can use those spell slots to cast your Shaman spells.



THE SHAMAN

Level	PB	Features	Bound Totems	Cantrips Known	Spells Known	Spell Slots	Slot Level
1st	+2	Sacred Focus, Totems	2	—	—	—	—
2nd	+2	Primal Magic	2	2	3	2	1st
3rd	+2	Spirituality	2	2	4	2	2nd
4th	+2	Ability Score Improvement	3	3	5	2	2nd
5th	+3	Totemic Versatility	3	3	6	2	3rd
6th	+3	Spirituality Feature	4	3	6	2	3rd
7th	+3	—	4	3	7	2	4th
8th	+3	Ability Score Improvement	4	3	7	2	4th
9th	+4	—	5	3	8	2	5th
10th	+4	Spirituality Feature	5	4	8	2	5th
11th	+4	Greater Totem Spirit (6th-level)	5	4	9	3	5th
12th	+4	Ability Score Improvement	6	4	9	3	5th
13th	+5	Greater Totem Spirit (7th-level)	6	4	10	3	5th
14th	+5	Spirituality Feature	6	4	10	3	5th
15th	+5	Greater Totem Spirit (8th-level)	7	4	11	3	5th
16th	+5	Ability Score Improvement	7	4	11	3	5th
17th	+6	Greater Totem Spirit (9th-level)	7	4	11	4	5th
18th	+6	—	8	4	12	4	5th
19th	+6	Ability Score Improvement	8	4	12	4	5th
20th	+6	Spiritual Ascension	8	4	12	4	5th

CLASS FEATURES

HIT POINTS

Hit Dice: 1d8 per Shaman level

Hit Points at 1st Level: 8 + your Constitution modifier.

Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per Shaman level after 1st

PROFICIENCIES

Armor: Light armor, shields

Weapons: Simple weapons, blow guns, nets.

Tools: None

Saving Throws: Wisdom, Charisma

Skills: Choose two from Animal Handling, Arcana, Insight, Medicine, Nature, Performance, or Religion

EQUIPMENT

As a Shaman, you start with the following equipment:

- (a) a quarterstaff or (b) any simple weapon
- (a) a shortbow and 20 arrows or (b) 5 javelins
- (a) a priest's pack or (b) an explorer's pack
- Leather armor and one object used as a Totem.

QUICK BUILD

You can make a Shaman quickly by using these suggestions. First, make Wisdom your highest ability score followed by your Constitution. Second, choose the hermit background. Third, choose the Body as your Sacred Focus and Totem of the Bear and Totem of the Mountain as your Totems.

SACRED FOCUS

In order to channel the supernatural power of spirits without being consumed, Shamans must draw this wondrous power through the strongest aspect of themselves. At 1st level, you choose a Sacred Focus from the options listed below.

BODY

You channel spiritual power through your body, bending the spirits to your will with physical might. When you choose this Sacred Focus your hit point maximum increases by 1, and it increases by 1 again each time you gain a level in this class.

HEART

You channel spiritual power into your heart and overwhelm spirits with powerful emotions. When you are forced to make a saving throw to resist the charmed or frightened condition, you gain a bonus to your roll equal to your Wisdom modifier.

MIND

You channel spiritual power through your mind, manipulating the spirits with your wit. When you make an ability check or saving throw that uses your Intelligence, you gain a bonus to your roll equal to your Wisdom modifier.

SOUL

You channel spiritual power through your soul, your serenity soothes spirits and wards you from harm. While not wearing armor or wielding a shield, your Armor Class is equal to 10 + your Dexterity modifier + your Wisdom modifier.



TOTEMS

At 1st level, you learn to bind primal nature spirits into sacred Totems so that you may safely channel their mystical abilities. Any Tiny object of your choice can be a Totem, but most often they are objects reminiscent of the spirit within.

At 1st level, you know two Totems of your choice from the list at the end of the class. If a Totem has any prerequisites, you must meet them in order to learn that Totem.

You learn additional Totems as you gain Shaman levels, as shown in the Bound Totems column of the Shaman Table on the page above.

Saving Throws. If a Totem requires a creature to make a saving throw, the DC is calculated as follows:

$$\text{Totemic save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

TOTEMIC ASSAULT

You can temporarily unleash the primal spirits bound within your Totems to assault your foes. While you are holding one of your Totems, you can use your action to force one creature you can see within 60 feet to make a Charisma saving throw. On a failed save, it takes 1d8 necrotic damage.

At certain Shaman levels, this damage increases: at 5th level (2d8), at 11th level (3d8), and at 17th level (4d8).

PRIMAL MAGIC

You have learned to channel the primal spirits present in all things. Beginning at 2nd level, this spiritual power allows you to produce spells. See the *Player's Handbook* for the rules of Spellcasting. The Shaman spell list is at the end of the class.

CANTRIPS

At 2nd level, you learn two cantrips of your choice from the Shaman spell list. You learn an additional Shaman cantrip of your choice when you reach 4th level and again at 10th level.

SPELL SLOTS

The Shaman table above shows the number of spell slots you have to cast your Shaman spells of 1st through 5th-level. The Shaman table also shows what the level of those slots is; all of your spell slots are the same level. To cast a Shaman spell of 1st-level or higher, you must expend a spell slot. You regain all expended spell slots when you finish a short or long rest.

For example, at 5th level, you have two 3rd-level spell slots. To cast the 1st-level spell *cure wounds*, you must expend one of your 3rd-level spell slots, and cast *cure wounds* at 3rd-level.

SPILLS KNOWN OF 1ST-LEVEL AND HIGHER

At 2nd level, you learn three 1st-level spells of your choice from the Shaman spell list at the end of this class. The Spells Known column of the Shaman table shows when you learn additional shaman spells of your choice of 1st-level and higher. A spell you choose must be of a level no higher than what's shown in the table's Slot Level column for your level. For example, when you reach 6th level, you learn a new Shaman spell, which can be 1st, 2nd, or 3rd-level.

Additionally, when you gain a level in this class, you can choose one of the Shaman spells you know and replace it with another spell of your choice from the Shaman spell list, which also must be of a level for which you have spell slots.

An Elvish Shaman draws on the spirit within his Totem.



SPELLCASTING ABILITY

As you draw your magic from your understanding of primal spirits, Wisdom is your spellcasting ability for your Shaman spells. You use your Wisdom whenever a spell refers to your spellcasting ability, when setting the saving throw DC for a Shaman spell, and when making an attack roll with one.

$$\text{Spell save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}$$

$$\text{Spell attack modifier} = \text{your proficiency bonus} + \text{your Wisdom modifier}$$

RITUAL CASTING

You use your spiritual knowledge to cast the ritual version of any Shaman spell you know so long as it has the ritual tag.

SPELLCASTING FOCUS

You can use any Totem to which you have bound a spirit as the spellcasting focus for your Shaman spells. See the Totem feature for a description of what can be used as a Totem.

SPIRITUALITY

At 3rd level, you choose the Spirituality, that best represents the discipline you use to channel spirits: Curse Binder, Spirit Warrior, Wild Heart, or Witch Doctor, each of which is detailed at the end of this class.

Your Spirituality grants you features at 3rd level, and again when you reach 6th, 10th, and 14th level in this class.

More Spirituality options, including Elementalist, Far Seer, and Spirit Guide, can be found in the [Shaman Expanded](#).

SPIRITUALITY SPELLS

Each Spirituality has a list of spells that you learn at the Shaman levels noted in the Spirituality description. These Spirituality Spells count as Shaman spells for you, but they do not count against your total number of Spells Known.





ABILITY SCORE IMPROVEMENT

When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or two ability scores by 1. As normal, you can't increase one of your ability scores above 20 using this feature.

TOTEMIC VERSATILITY

You have gained greater control over the spirit world. Starting at 5th level, at the end of a long rest, you can replace a Totem you know with another Totem of your choice.

GREATER TOTEM SPIRIT

Your understanding of the spirit world allows you to conjure and bind greater primal spirits to one of your Totems. At 11th level, choose a Greater Totem Spirit from the list at the end of this class to bind to one of your Totems. Your Greater Totem Spirit doesn't count against your number of Bound Totems.

Each Greater Totem Spirit includes a list of four Greater Totem Spells, one for each spell level from 6th through 9th, that you learn at the Shaman levels listed in the description, which do not count against your number of Spells Known.

Once you reach the Shaman levels in your Greater Totem Spirit's description, you can cast that spell once, at its lowest level, without expending a spell slot. Once you do so you must finish a long rest before you can cast that spell again.

For example, if you choose the Greater Spirit of the Sun at 11th level, you can cast *sunbeam* once per long rest.

When you finish a long rest, in place of using your Totemic Versatility feature, you can replace your Greater Totem Spirit with another Greater Totem Spirit of your choice.

SPIRITUAL ASCENSION

You have transcended the need for a corporeal form. At 20th level, your physical body no longer ages, and you are immune to all disease, the poisoned condition, and poison damage.

When you finish a long rest, you can choose to reduce your number of Bound Totems by one to create a special Totem that is attuned to your soul. Should you die, that Totem grows into an exact replica of your body, though it lacks a soul.

When you die, you become an incorporeal spirit, unable to interact with the world around you. If you can return to the replica of your body, you return to life at the following dawn.

If you do not return to the replica of your body, you die at the following dawn.

GREATER TOTEMS

Below is the list of Greater Totem Spirits available for Shamans to choose from starting when they reach 11th level.

GREATER SPIRIT OF DEATH

Spirits of Death are drawn from the Shadowfell, the Hells, or the Abyss. They lend Shamans their powerful sinister magic.

Shaman Level	Spell
11th	<i>flesh to stone</i>
13th	<i>finger of death</i>
15th	<i>horrid wilting</i> ^{XGtE}
17th	<i>power word: kill</i>

GREATER SPIRIT OF LIFE

Spirits of Life come to aid Shamans from the upper planes or the Feywild. They bless Shamans with mystic healing magic.

Shaman Level	Spell
11th	<i>heal</i>
13th	<i>regenerate</i>
15th	<i>holy aura</i>
17th	<i>power word: heal</i>

GREATER SPIRIT OF THE MOON

Spirits of the Moon can be summoned from the Astral Sea or Ethereal Plane. They grant Shamans wondrous magic power.

Shaman Level	Spell
11th	<i>primordial ward</i> ^{XGtE}
13th	<i>reverse gravity</i>
15th	<i>antimagic field</i>
17th	<i>astral projection</i>

GREATER SPIRIT OF THE SUN

Spirits of the Sun are drawn from places of powerful radiant magic. They lend Shamans restorative and purifying power.

Shaman Level	Spell
11th	<i>sunbeam</i>
13th	<i>resurrection</i>
15th	<i>sunburst</i>
17th	<i>true resurrection</i>



SPIRITUALITY

The following Spiritualities are available for a Shaman to choose from at 3rd level: the Curse Binder, Spirit Warrior, Wild Heart, or Witch Doctor.

CURSE BINDER

While most Shamans use the power of spirits to work magics and heal the sick, some twist this connection, binding sinister spirits to their foes. Known as Curse Binders, these Shamans wield the sinister spiritual power present in the world. Often apprentices of hags or entities from the Shadowfell, they use ancient techniques to afflict their foes with hexes and curses.

CURSE BINDER SPELLS

3rd-level Curse Binder feature

When you gain a level in this class, you can replace one spell from this feature with an enchantment or necromancy spell of the same level from the Shaman or Warlock spell list.

Shaman Level Spells

3rd	<i>blindness/deafness, ray of enfeeblement</i>
5th	<i>bestow curse, vampiric touch</i>
7th	<i>blight, phantasmal killer</i>
9th	<i>contagion, enervation</i>

EVIL EYE

3rd-level Curse Binder feature

You can curse with a glance. As a reaction, when a creature you can see within 60 feet makes an ability check, attack roll, or saving throw, you can impose disadvantage on its roll.

You can use this reaction a number of times equal to your Wisdom modifier (a minimum of once), and you regain all expended uses when you finish a long rest.

TOTEMIC CURSE

3rd-level Curse Binder feature

You bind spirits of pain, suffering, and despair to your will, using them to inflict curses upon your enemies. When a creature fails its saving throw against Totemic Assault, you can inflict it with one of the following conditions of your choice until the start of your next turn:

- Its speed is reduced by a total number of feet equal to 5 times your Wisdom modifier.
- It cannot regain hit points, and when it takes damage it takes an additional 1d4 necrotic damage.
- Whenever it makes an ability check or an attack roll, it must subtract your Wisdom modifier from the result of its roll.

The conditions inflicted by this feature can be ended early with *lesser restoration* or *remove curse*. The afflicted creature can repeat the saving throw as an action on its turn, ending the effect on a success.

SINISTER SPELLCASTING

6th-level Curse Binder feature

Dark spirits empower your magic. Whenever you damage a creature with a Shaman cantrip or Totemic Assault, you add your Wisdom modifier (minimum of +1) to your damage roll.

SHAMANISTIC WARD

10th-level Curse Binder feature

Sinister spirits ward you against elemental assaults. At the end of each long rest, choose either acid, cold, fire, lightning, necrotic, poison, psychic, radiant, or thunder. Until the end of your next long rest, you are resistant to that damage.

When you take damage of a type that you resist, you can use Totemic Assault as a reaction, targeting your attacker.

FOUL CONJURATION

14th-level Curse Binder feature

You have reached the apex of sinister shamanism, the ability to create corporeal bodies for the spirits you conjure. As an action on your turn, you can cast *create undead* at 6th-level, without expending a spell slot or the material components.

Once you cast *create undead* in this way, you must finish a long rest before you can cast it in this way again.

SPIRIT WARRIOR

Serving as the guardians of sacred groves and places of great spiritual power, Spirit Warriors draw on the power of ancient spirits to enhance their physical form. When they allow these incorporeal beings to walk the world through their physical bodies, they gain increased physical and martial abilities.

ANCESTRAL KNOWLEDGE

3rd-level Spirit Warrior feature

When you adopt this Spirituality, spirits of ancient warriors grant you their lifetimes' worth of combat experience. You gain proficiency with medium armor and all martial weapons.





*A Spirit Warrior
gives themselves
over to the spirits*

SPIRIT WARRIOR SPELLS

3rd-level Spirit Warrior feature

When you gain a level in this class, you can replace one spell from this feature with an abjuration or evocation spell of the same level from either the Paladin or Shaman spell list.

Shaman Level Spells

3rd	<i>magic weapon, spiritual weapon</i>
5th	<i>clairvoyance, spirit shroud</i> ^{TCoE}
7th	<i>guardian of faith, staggering smite</i>
9th	<i>contact other plane, steel wind strike</i> ^{XGE}

TOTEMIC WEAPON

3rd-level Spirit Warrior feature

You can bind powerful spirits to your weapons for use in battle. At the end of a long rest, you can perform a ritual to bind one of the spirits below to a melee weapon you touch. The benefits last until the end of your next long rest.

Moreover, you can use your Wisdom, in place of Strength, for attack and damage rolls with your Totemic Weapon, and attacks with your Totemic Weapon count as magical for the sake of overcoming resistances and immunities.

SPIRIT OF CHALLENGE

This spirit compels your foes to stand and fight against you. When you hit a creature with an attack with this weapon, it has disadvantage on any attacks it makes against creatures other than you until the beginning of your next turn.

SPIRIT OF DRAINING

This spirit siphons the life force of other creatures to restore you. Once per turn when you hit a creature with this weapon, you can cause the damage of the attack to be necrotic, and you gain temporary hit points equal to your Wisdom modifier.

SPIRIT OF MIGHT

This spirit draws out the full potential of your body. While wielding this weapon you gain a bonus to Strength checks and saving throws equal to your Wisdom modifier.

Moreover, you have advantage on attack rolls with this weapon against any creature that is grappled by you.

EXTRA ATTACK

6th-level Spirit Warrior feature

You can attack twice, instead of once, whenever you take the Attack action on your turn. Moreover, you can cast a Shaman cantrip you know, or use Totemic Assault in place of one of your attacks.

WARRIOR OF THE GRAVE

10th-level Spirit Warrior feature

You can offer your very life force to the spirit realm to resist the grasp of death. When you are reduced to 0 hit points but not killed outright, you can expend one of your Hit Dice to drop to 1 hit point instead of falling to 0.

SPIRITUAL CHAMPION

14th-level Spirit Warrior feature

You can offer the spirits full control of your body, granting you temporary mystical power. As a bonus action, you can enter a possessed state, gaining the following benefits for 1 minute:

- You can take the Dash action as a bonus action.
- You gain resistance to all bludgeoning, piercing, and slashing damage from non-silvered attacks.
- Once per turn when you hit a creature with your Totemic Weapon, you can apply the effects of Totemic Assault as if the creature had failed its Charisma saving throw.

Once you use this feature you must finish a short or long rest before you can use it again. If you have no uses left, you can expend a Primal Magic slot to use this feature again.

WILD HEART

Often raised by, or closely with, wild beasts, Shamans known as Wild Hearts develop an intense spiritual connection with the wild. This intense devotion, when combined with spiritual power, allows a Wild Heart to transform into the Great Beast, a legendary guardian of the wild animals of the natural world.

WILD HEART SPELLS

3rd-level Wild Heart feature

When you gain a level in this class, you can replace one spell from this feature with an abjuration or divination spell of the same level from either the Ranger or Shaman spell list.

Shaman Level Spells

3rd	<i>animal messenger, beast sense</i>
5th	<i>conjure animals, fear</i>
7th	<i>dominate beast, locate creature</i>
9th	<i>hold monster, tree stride</i>



BESTIAL ADAPTATIONS

3rd-level Wild Heart feature

Your time spent in the wild has given you bestial qualities. You gain an Adaptation of your choice from the list below.

You gain another Adaptation at 6th level and 10th level.

AGILE ADAPTATION

Your speed, long jump, and high jump distances increase by 10 feet, and you can ignore the effects of all difficult terrain.

ALPINE ADAPTATION

You gain a climbing speed equal to your walking speed, and you can climb difficult surfaces, including sheer surfaces and upside down on ceilings, without making an ability check.

AQUATIC ADAPTATION

You gain a swimming speed equal to your walking speed, and while you are underwater you can take the Dash action as a bonus action, and you can hold your breath for up to 1 hour.

TOTEMIC WILD SHAPE

3rd-level Wild Heart feature

Your connection with the spirits of the wild allows you to take on the shape of the Great Beast, the legendary guardian of all wild creatures. As a bonus action, you can expend a Primal Magic spell slot to transform into the Great Beast.

While you are transformed, you use the Great Beast stat block on the next page. It uses your proficiency bonus (PB) in several places. You determine the appearance of your Great Beast, but this has no effect on its abilities. For the duration of your transformation the following rules apply:

- The Great Beast gains a number of Bestial Traits from the list at the end of this Spirituality equal to the level of the spell slot expended to transform.
- You use the Strength, Dexterity, and Constitution scores on the Great Beast stat block, but you retain your Intelligence, Wisdom, and Charisma scores, and all of your skill and saving throw proficiencies.
- You assume the hit points and Hit Dice of the Great Beast. When you revert to your normal form, you return to the number of hit points you had before you transformed. If the Great Beast drops to 0 hit points, you revert to your normal form, and any excess damage carries over to your normal form.
- You can't cast spells, and your ability to speak or take any action requiring hands is limited to the capabilities of your Great Best form. Transforming doesn't break your concentration on a spell you've already cast, however, or prevent you from taking actions that are part of a spell.
- You retain the benefit of any features from your class, race, or other source and can use them if the Great Beast is capable of doing so, including your Totems and Totemic Assault. However, you cannot use any of your special senses unless the Great Beast also has that sense.
- Any equipment you are wearing or carrying merges into your Great Beast form. Equipment that merges with the Great Beast form has no effect while transformed.

Your Great Beast form lasts for 1 hour. You then revert to your normal form unless you expend another Primal Magic slot to extend the duration of your transformation. You can also revert to your normal form as a bonus action.

GREAT BEAST

Medium beast, unaligned

Armor Class 13 + PB (natural armor)

Hit Points 10 + six times your Shaman level.

Speed 40 ft.

STR	DEX	CON
18 (+4)	14 (+2)	16 (+3)

Senses darkvision 60 ft.

Languages understands the languages you speak, but the Great Beast cannot speak itself

Bestial Traits. The Great Beast has a number of Bestial Traits equal to the level of the Primal Magic spell slot you expended to transform.

Primal Fury. When the Great Beast makes an ability check or saving throw that uses Strength, Dexterity, or Constitution, it can add your PB to the roll.

Actions

Bite. *Melee Weapon Attack:* +4 plus PB to hit, reach 5 ft., one target. *Hit:* 1d6 +4 piercing damage.

Maul. *Melee Weapon Attack:* +4 plus PB to hit, reach 5 ft., one target. *Hit:* 2d6 +4 slashing damage.



SAVAGE STRIKES

6th-level Wild Heart feature

When you are in Great Beast form and you take the Bite or Maul action, you can make one additional Bite or Maul attack as part of that action. Attacks in Great Beast form also count as magical for overcoming resistances and immunities.

FURY OF THE WILD

10th-level Wild Heart feature

You can draw upon your pain to fuel your drive. As a bonus action, you can expend a Hit Die to regain hit points equal to your Hit Die roll + your Wisdom modifier (minimum of 1).

Any hit points you regain from this feature that exceed your maximum hit points become temporary hit points for you.

APEX PREDATOR

14th-level Wild Heart feature

Your Great Beast stands as a legendary guardian of the wild. When you transform into your Great Beast form, its Strength, Dexterity, and Constitution scores are all increased by 2, to a maximum of 20 (this increases both the attack and a damage bonus of the Great Beast's Bite and Maul attack by 1).

Also, the damage of its Bite and Maul increase by 1d6.

BESTIAL TRAITS

When you use your Totemic Wild Shape to transform into the Great Beast, you choose Bestial Traits from the following list. These traits last for the duration of that transformation.

Any saving throws are made against your Spell save DC.

AGGRESSIVE

As a bonus action, the Great Beast can move up to its speed toward a hostile creature that it can see, hear, or smell.

AMPHIBIOUS

The Great Beast gains a swimming speed equal to its walking speed, and it can breathe both air and water.

CHARGE

When the Great Beast moves at least 20 feet in a straight line toward a target and hits it with a Maul attack it deals an extra 1d6 damage. A creature that is the Great Beast's size, or smaller, must make a Strength saving throw or fall prone.

KEEN SENSES

The Great Beast has advantage on Wisdom (Perception) or Wisdom (Survival) checks that rely on its hearing or smell.

LARGE

The Great Beast becomes a Large creature. If it is ridden as a mount, the Great Beast can act independently of its rider.

LIGHT STEP

The Great Beast has advantage on Dexterity (Stealth) checks while it is lightly obscured by natural foliage or weather.

PACK TACTICS

The Great Beast has advantage on attack rolls against any target that has one of its conscious allies within 5 feet of it.

POWERFUL BUILD

The Great Beast counts as one size larger when determining creatures it can grapple, and the weight it can move or lift.

SAVAGE GRIP

The Great Beast gains a climbing speed equal to its walking speed, and it can climb sheer surfaces and upside down on ceilings without making an ability check. The Great Beast also has advantage on saving throws to resist being moved against its will, grappled, restrained, or knocked prone.

STANDING LEAP

The Great Beast has a minimum long jump of 15 feet, and a minimum high jump of 10 feet, even without a running start.

VICIOUS BITE

If the Great Beast hits a creature equal to its size or smaller with a Bite attack, it can grapple the target. Until the grapple ends, the target is restrained, and the Great Beast cannot Bite targets other than the creature it is currently grappling.

WITCH DOCTOR

Long before the gods took notice of mortals, Witch Doctors wandered the land, providing spiritual healing and medicine. Working in tandem with spirits of life, Witch Doctors heal the wounded and grant their allies mystical abilities. These sages are peaceful in nature and can often be found traveling the wilds tending to the spiritual needs of those they meet.

WITCH DOCTOR SPELLS

3rd-level Witch Doctor feature

When you gain a level in this class, you can replace one spell from this feature with an abjuration or enchantment spell of the same level from either the Cleric or Shaman spell list.

Shaman Level	Spells
3rd	<i>lesser restoration, warding bond</i>
5th	<i>beacon of hope, revivify</i>
7th	<i>aura of life, death ward</i>
9th	<i>creation, greater restoration</i>

LIFE BEARER

3rd-level Witch Doctor feature

You can channel spirits of abundance and life to heal others. As an action, you can touch a creature and cause it to regain hit points equal to 1d8 + your Wisdom modifier. This feature has no effect on undead creatures or constructs.

You can use this feature a number of times equal to your level, and you regain all uses when you finish a long rest.

TOTEMIC BLESSING

3rd-level Witch Doctor feature

You bind only willing spirits to the Totems you wield. Your Totemic Assault deals radiant damage on a failed save.

You can also bind Totems to your allies, allowing them to make use of their mystical power. At the end of a long rest, you can bind one of your Bound Totems to a willing creature you touch, losing the Totem abilities for yourself. The Totem remains bound to the creature until the end of your next long rest, at which point the power of the Totem returns to you.

At certain Shaman levels, the number of Totems you can bind to other creatures increases: at 6th level (2 Totems), at 12th level (3 Totems), and finally at 18th level (4 Totems).

A single Totem can only be bound to one creature at a time, and a creature can only have a single Totem bound to them.



MYSTICAL FOCUS

6th-level Witch Doctor feature

You work in tandem with the spirits bound to you, drawing out more of their power. When you use your action to cast one of your Witch Doctor Spells, or to restore hit points to a creature, you can use Totemic Assault as a bonus action on that turn.

EMPOWERED BLESSING

10th-level Witch Doctor feature

Your allies can channel the spiritual power within your Totems. As an action on its turn, a creature that has one of your Totems bound to it can use Totemic Assault, using your Totemic save DC.

Other creatures only gain the benefits from Totems that improve Totemic Assault if they are bound to the Totem that grants those benefits.

SELFLESS WARD

10th-level Witch Doctor feature

Your spirit is invigorated by the binding of Totems to your allies. You gain a +1 bonus to all saving throws for each of the Totems that you bind to another creature.

This includes any death saving throws you make.

SPIRITUAL AWAKENING

14th-level Witch Doctor feature

Your spiritual practice has filled you with an abundance of life-giving energy. As a reaction when a creature you can see makes a death saving throw, you can move up to your full speed and touch the creature, imbuing it with life-giving energy. The creature instantly regains hit points equal to your Shaman level + your Wisdom modifier and can stand up.

You can use this feature on yourself, without requiring your reaction, when you are forced to make a death saving throw.

Once you use this feature, you can't use it again until you finish a long rest. When you have no uses remaining, you can expend a Primal Magic spell slot to use this feature again.

TOTEMS

Below is the list of Totems that a Shaman can learn to bind spirits to their will. If a Totem has a prerequisite, like a Shaman level or Sacred Focus, you can learn that Totem at the same time that you meet any prerequisites it may have.

TOTEM OF THE BEAR

You bind a minor bestial spirit that grants you the ferocity of a bear. As a bonus action, you can grow claws from your fingers. With your claws, your unarmed strikes deal magical slashing damage equal to 1d6 + your Strength modifier on hit. If you have two free hands, the d6 becomes a d8. You can use another bonus action to cause the claws to disappear.

TOTEM OF THE CROSSROADS

Prerequisites: Heart Sacred Focus

You bind a minor Fey spirit that allows you to converse with wild creatures in your own tongue. You are always under the effect of *Speak with Animals* while you are conscious.

At 5th level in this class, you are also always under the effects of *Speak with Plants* while you are conscious.

TOTEM OF THE EAGLE

You bind a minor bestial spirit that grants you the sight of an eagle. You gain proficiency in Perception, and you have advantage on Wisdom (Perception) checks that rely on sight.

TOTEM OF THE EARTHQUAKE

You bind a spirit of earth that grants you destructive power. Once per turn when you hit with a melee weapon attack, you can deal an additional 1d6 damage of your weapon's type.

This damage bonus increases as you gain Shaman levels; at 6th level (1d8), 11th level (1d10), and 17th level (1d12).

TOTEM OF THE HARVEST

Prerequisites: Soul Sacred Focus

You bind a minor spirit of wild growth and bounty. When you finish short or long rest, you automatically cast *Goodberry* without expending a spell slot or material components.

The berries from this spell last until the end of your next short or long rest, at which point they wither into nothing.

TOTEM OF THE HOUND

You bind a minor bestial spirit that grants you the senses of a hound. You gain proficiency in Survival and have advantage on Wisdom (Survival) checks while in natural environments.

TOTEM OF THE MOUNTAIN

Prerequisites: Body Sacred Focus

You bind a minor spirit of the earth that hardens your skin like that of solid rock. So long as you are not wearing any armor or wielding a shield, your Armor Class is equal to 13 + your Constitution modifier.

TOTEM OF THE PANTHER

You bind a minor bestial spirit that grants you the steps of a panther. You gain proficiency in Stealth, and have advantage on Dexterity (Stealth) checks to hide in natural environments.



TOTEM OF THE POND

You bind a minor spirit of water that grants you a protective viscous coating. While underwater, you can hold your breath for up to 1 hour, and you have advantage on any ability check or saving throw you make to resist being grappled.

TOTEM OF THE QUAGMIRE

Prerequisite: Mind Sacred Focus

You bind a minor spirit of darkness that guards your mind. You are immune to any effect that would read your thoughts, sense your emotions, or detect your alignment, as well as any divination spell that you refuse. Moreover, if a creature makes a Wisdom (Insight) check to ascertain your true intentions or sincerity it does so at disadvantage.

TOTEM OF THE RAINS

You bind a minor spirit of water that washes poison away like rain. You gain resistance to acid and poison damage, and you have advantage on saving throws to resist being poisoned.

TOTEM OF TWILIGHT

You bind a minor spirit of darkness that grants you enhanced sight in the shadows. You gain Darkvision out to a radius of 120 feet, within which you can see in dim light as if it were bright light, and in darkness as if it were dim light.

Starting at 9th level, you can see in magical darkness.

TOTEM OF THE WAVES

You bind a minor spirit of water that allows you to shift like the sea. As a reaction when you take a critical hit, you can turn it into a normal hit. Once you use this feature you must finish a short or long rest before you can do so again.

When you reach 12th level in this class, you can use this reaction twice between each short or long rest.

TOTEM OF THE WHIRLWIND

You bind a minor spirit of air that speeds your strikes. When you score a critical hit with a melee weapon attack, you can use your reaction to make another attack against that target.

TOTEM OF THE WINDS

You bind a minor spirit of the air which lends speed to your steps with a gust of mighty wind. Your walking speed increases by 5 feet.

This bonus to your speed increases as you gain Shaman levels; at 5th level (10 feet), 11th level (15 feet), and finally at 17th level (20 feet).

TOTEM OF THE BLOOM

Prerequisite: 5th level Shaman, Soul Sacred Focus

You bind a spirit of wild growth that enriches the land around you. You can cast *plant growth* without expending a spell slot.

Once you cast *plant growth* in this way, you must finish a short or long rest before you can cast it in this way again.

If you begin a long rest and have not used this feature to cast *plant growth* since your previous long rest, the 8-hour version of *plant growth* takes effect on the land immediately surrounding you during the course of your long rest.

TOTEM OF THE ERUPTION

Prerequisite: 5th level Shaman

You bind an elemental spirit that lends you its destructive power. Once per turn, when you hit a creature with a melee weapon attack, you can expend one of your Primal Magic spell slots to deal additional cold, fire, lightning, magical bludgeoning, or thunder damage (your choice) to the target.

The extra damage is 1d8 for a 1st-level slot, plus 1d8 for each spell level higher than 1st, to a maximum of 5d8.

TOTEM OF GROWTH

Prerequisite: 5th level Shaman, Body Sacred Focus

You bind a spirit of wild growth that can temporarily increase your size. You can cast the 'enlarge' version of *enlarge/reduce* as a bonus action, targeting only yourself, without expending a spell slot. This effect does not require your concentration.

Once you cast *enlarge/reduce* in this way, you must finish a short or long rest before you can cast it in this way again.

TOTEM OF THE GRAVE

Prerequisite: 5th level Shaman

You bind a spirit of undead power which you can summon to your service. You can expend one of your Primal Magic spell slots to cast *animate dead*, without providing the normal material components required for this spell.

Once you cast *animate dead* in this way, you must finish a long rest before you can cast it in this way again.

TOTEM OF LIGHT

Prerequisite: 5th level Shaman

You bind a spirit of radiance that restores your spirit when you aid others. When you cast a spell of 1st-level or higher that restores hit points to a creature other than yourself, you gain temporary hit points equal to your Wisdom modifier.



TOTEM OF MIRTH

Prerequisite: 5th level Shaman, Heart Sacred Focus

You bind a spirit of revelry and life that grants you renewed vigor. Once per long rest, you can use a bonus action to grant yourself temporary hit points equal to your Shaman level.

TOTEM OF THE MYSTIC

Prerequisite: 5th level Shaman, Mind Sacred Focus

You bind a spirit of secret knowledge that grants you the ability to peer into the minds of others. As an action, you can cast *detect thoughts* without expending a spell slot, or requiring the normal verbal or somatic components.

Once you cast *detect thoughts* in this way, you must finish a short or long rest before you can cast it in this way again.

TOTEM OF THE SWAMP

Prerequisite: 5th level Shaman

You bind a spirit of disease which can poison foes. As an action, you can exude noxious gas and force creatures within 15 feet to make a Constitution saving throw. On a failed save, they are poisoned until the beginning of your next turn. On a success, they are immune to this effect for 24 hours.

TOTEM OF THE WILD

Prerequisite: 5th level Shaman

You bind a bestial spirit which you can call to your aid. You can cast *summon beast* at a level equal to your Primal Magic slots, without expending a spell slot or material components.

Once you cast *summon beast* in this way, you must finish a long rest before you can cast it in this way again.

TOTEM OF WRATH

Prerequisite: 5th level Shaman

You bind a spirit of anger that increases your power. When a creature fails its saving throw against Totemic Assault, you can add your Wisdom modifier to the damage roll.

TOTEM OF THE HUNT

Prerequisite: 7th level Shaman

You bind a spirit of the Wild Hunt that enhances your ferocity. Once per turn, you can grant yourself advantage on an attack roll if your target is within 5 feet of one of your allies.

TOTEM OF THE OOZE

Prerequisite: 7th level Shaman

You bind a spirit of elemental water which allows your body to flow like ooze. As a bonus action, you can cause your body to become pliable. You can move through spaces as narrow as 1 inch without squeezing, and escape from nonmagical restraints or a grapple by expending 5 feet of movement.

TOTEM OF THE RIVER

Prerequisite: 7th level Shaman

You bind a spirit of elemental water which allows you to live underwater. You can breathe both air and water, and you gain a swimming speed equal to your walking speed.

TOTEM OF THE CAVE

Prerequisite: 9th level Shaman

You bind a spirit of elemental earth that lends you its ability to sense movement through the ground. So long as you are touching the ground, you gain tremorsense out to a radius of 30 feet, allowing you to sense anything touching the ground.

TOTEM OF THE DAWN

Prerequisite: 9th level Shaman

You bind a spirit of radiance which you can shield creatures from death. At the end of a long rest, you can cast *death ward* on a creature of your choice, without expending a spell slot.

TOTEM OF THE FAERIE

Prerequisite: 9th level Shaman

You bind a fey spirit which you can call to your aid. You can cast *summon fey* at a level equal to your Primal Magic slots, without expending a spell slot or material components.

Once you cast *summon fey* in this way, you must finish a long rest before you can cast it in this way again.

TOTEM OF THE SUN

Prerequisite: 9th level Shaman

You bind a spirit of radiance that allows you to succeed when all hope seems lost. When you fail a saving throw, you can choose to re-roll, possibly turning a failure into a success.

Once you use this feature to re-roll a saving throw you must finish a short or long rest before you can use it again.

When you reach 15th level in this class, you can use this feature twice between each short or long rest.

TOTEM OF THE VINE

Prerequisite: 9th level Shaman

You bind a spirit of wild growth which lends you the power to restrain your foes. You can cast *ensnaring strike* at 1st-level, at will, without expending a spell slot.

TOTEM OF BINDING

Prerequisite: 15th level Shaman

You can quickly bind a spirit to regain some of your power. Once per long rest, you can use an action to regain one of your expended Primal Magic spell slots.

TOTEM OF THE ECLIPSE

Prerequisite: 15th level Shaman

You bind a powerful spirit that grants you resistance to the arcane. You gain resistance to all damage from spells.

TOTEM OF THE ELEMENTS

Prerequisite: 15th level Shaman

You bind an elemental spirit which you can call to your aid. You can cast *summon elemental* at the level of your Primal Magic slots, without expending a spell slot or components.

Once you cast *summon elemental* in this way, you must finish a short or long rest before you can do so again.

TOTEM OF THE SAPLING

Prerequisite: 15th level Shaman

You bind a powerful spirit of wild growth which blesses your body with wondrous regeneration. At the start of each of your turns, you regain hit points equal to your Wisdom modifier, so long as you have no more than half of your hit points left.

You do not gain this benefit if you have 0 hit points.

TOTEM OF THE SKIES

Prerequisite: 15th level Shaman

You bind a powerful spirit of elemental air which propels you through the air. You gain a flying speed equal to your walking speed, and whenever you take falling damage you reduce the damage by an amount equal to your Shaman level.



SHAMAN SPELL LIST

Below is the list of spells available to the Shaman. They are organized by spell level, not character level. The spells listed below can be found in the *Player's Handbook*, *Xanathar's Guide to Everything**, and *Tasha's Cauldron of Everything***.

Any spells marked with an S are exclusive to the Shaman class that can be found on the following page.

CANTRIPS (0-LEVEL)

blade ward
chill touch
control flames*
create bonfire*
frostbite*
guidance
gust*
magic stone*
mold earth*
otherworldly grasp^S
poison spray
produce flame
primal savagery
shape water*
shillelagh
spare the dying
seance^S
thaumaturgy
thorn whip
thunderclap*
toll the dead**

1ST-LEVEL

absorb elements*
animal friendship (ritual)
armor of agathys
bane
beast bond*
bless
cause fear*
caustic brew**
ceremony (ritual)*
command
cure wounds
detect evil and good
dissonant whispers
entangle
expeditious retreat
false life
find familiar (ritual)
fog cloud
ghastly flight^S
heroism
hex
inflict wounds
longstrider
protection from evil & good
sanctuary
shield of faith
sleep
witch bolt

2ND-LEVEL

aid
alter self
augury (ritual)
barkskin
blur
continual flame
darkness
dust devil*
earthbind*
enhance ability
flame blade
gentle repose (ritual)
gust of wind
heat metal
locate animals or
plants (ritual)
misty step
moonbeam
pass without trace
protection from poison
spike growth
totemic cowl^S
warding wind*

3RD-LEVEL

clairvoyance
daylight
dire wail^S
dispel magic
elemental weapon
feign death (ritual)
gaseous form
haste
life transference*
meld into stone (ritual)
nondetection
plant growth
protection from energy
remove curse
sleet storm
slow
speak with dead
spectral passage^S
spirit guardians
stinking cloud
thunder step*
tidal wave*
tiny hut (ritual)
wall of sand*
wall of water*
wind wall

4TH-LEVEL

arcane eye
banishment
control water
divination (ritual)
elemental bane*
faithful hound
fire shield
freedom of movement
giant insect
grasping vine
guardian of nature*
ice storm
sickening radiance*
stoneskin
watery sphere*

5TH-LEVEL

antilife shell
awaken
cloudkill
commune with nature (ritual)
dawn*
dispel evil and good
dream
far step
maelstrom*
planar binding
reincarnate
scrying
skill empowerment*
spiritual sundering^S
wrath of nature*



SHAMAN SPELLS

The following spells are available exclusively to the Shaman class and are presented in order of ascending spell level.

OTHERWORLDLY GRASP

Necromancy cantrip

Casting Time: 1 action

Range: Self

Components: S, M (an empty hand)

Duration: Concentration, up to 1 minute

You channel necrotic spiritual power to your hand, changing it into a withered specter of itself. Make a melee spell attack against a creature within your reach. On hit, the creature takes 1d8 necrotic damage, and you gain 1d4 temporary hit points which last for the duration of your concentration.

At Higher Levels. The damage of this spell, and the temporary hit points you gain, increase by 1d8 and 1d4 respectively when you reach 5th level (2d8 and 2d4), 11th level (3d8 and 3d4), and 17th level (4d8 and 4d4).

SEANCE

Transmutation cantrip

Casting Time: 1 action

Range: 30 feet

Components: V, S

Duration: 1 action

You channel minor spirits, allowing them to work through you so that they may once again affect change in the material world. You create one of the following effects within range:

- You create an instantaneous, harmless sensory effect, such as a flickering azure flame, an unnaturally chill breeze, rhythmic chanting, or the smell of incense.
- A minor spirit briefly appears and fades away.
- You instantaneously light or snuff out a candle, torch, or a small campfire.
- A mote or iridescent light points to the closest place of spiritual power, recent death, or new birth.
- Ley lines within range briefly reveal themselves as they flicker with otherworldly light.

GHASTLY FLIGHT

1st-level conjuration

Casting Time: 1 action

Range: Self (60 foot line)

Components: V, S, M (the powdered remains of a creature)

Duration: Instantaneous

You release a malevolent spirit that flies out from you in a direction of your choice in a 60-foot long, 5-foot wide line, at which point it fades away. Each creature within the line must make a Constitution saving throw. On a failed save, creatures take 2d8 necrotic damage and cannot regain hit points until the start of your next turn. On a success, creatures take half as much damage and can regain hit points as normal.

At Higher Levels. When you cast this spell using a spell slot of 2nd-level or higher, the damage increases by 1d8 for each slot level above 1st.

TOTEMIC COWL

2nd-level abjuration

Casting Time: 1 action

Range: Touch

Components: V, S, M (a leaf from the first day of fall)

Duration: Concentration, up to 1 hour

You touch a willing creature. Until the spell ends, it is cloaked in a ghostly cowl, and any damage it takes is reduced by 1.

At Higher Levels. When you cast this spell using a spell slot of 3rd-level or higher, the damage reduction from the cowl increases by 1 for each slot level above 2nd.

DIRE WAIL

3rd-level necromancy

Casting Time: 1 action

Range: Self (30-foot radius)

Components: V

Duration: 1 minute

You let forth a wail filled with otherworldly power. Creatures of your choice within 30 feet must succeed on a Constitution saving throw or take 4d10 thunder damage and be deafened for the duration. At the end of each turn, targets can make a Constitution saving throw, ending the spell on a success. On a successful save, it takes half damage and is not deafened.

At Higher Levels. When you cast this spell using a spell slot of 4th-level or higher, the damage increases by 1d10 for each slot level above 3rd.

SPECTRAL PASSAGE

3rd-level transmutation

Casting Time: 1 action

Range: Touch

Components: V, S, M (an object a spirit has passed through)

Duration: Concentration, up to 1 minute

You touch a willing creature. Until the spell ends, it becomes semi-incorporeal and can move through other creatures and objects as if they were difficult terrain. If the creature ends its movement inside another object or creature, it is immediately shunted to the nearest unoccupied space, taking 1d10 force damage for every 5 feet it was forced to travel.

At Higher Levels. When you cast this spell using a spell slot of 4th-level or higher, you can target one additional creature for each slot level above 3rd.

SPIRITUAL SUNDERING

5th-level enchantment

Casting Time: 1 action

Range: 120 feet

Components: V, S

Duration: Instantaneous

Creatures in a 20-foot-radius sphere centered on a point of your choice within range have their soul rent, and must make a Charisma saving throw. On a failure, they take 8d6 necrotic damage, and for the next minute, they have a muddled sense of self and subtracts 1d6 from any Intelligence, Wisdom, or Charisma saving throw they make. On a success, they take half damage and suffers no penalties to its saving throws.

Targets can make a Charisma saving throw at the end of each of their turns, ending the effect on a successful save.





THE SHAMAN

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